

HUNDRED FLOWERS

Minneapolis

25¢

PUBLISHED
WEEKLY

COMMUNITY NEWS & INFO

Vol. 2 Number 15

July 9, 1971

Feed!

**WHAT
HAPPENED
TO
YESTER-
DAYS
CO-OPS
?**



VIETCONG HIT WOODHILL COUNTRY CLUB P.3

VENEREAL DISEASES P.11

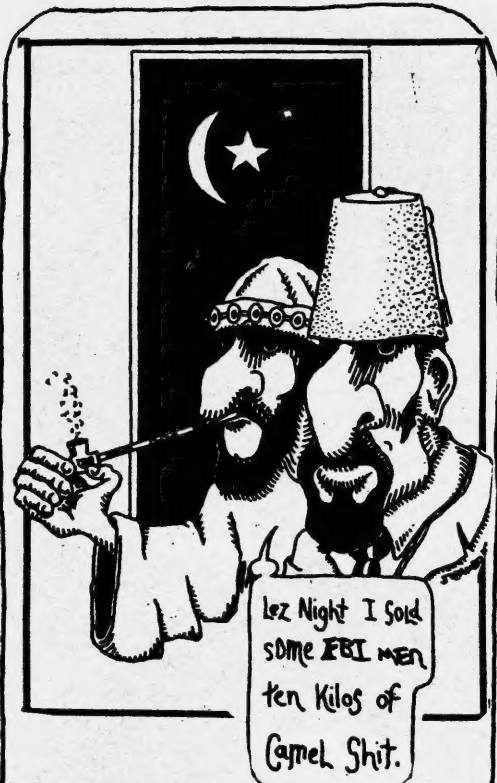
ACID P.7

YOGA P.6

4th

OF JULY IN SUBURBIA P.12

FOOD P.15



Pre-Rolled Joints

SAN FRANCISCO (UPS/CPS) - Sometime this month, the first shipment of standardized, pre-rolled marijuana cigarettes should be available on the West Coast market, according to an underground cartel of Bay Area importers and dealers known as the Felix the Cat Consortium.

18-joint GrassMasters brand packages are to be initially priced at \$7.50, (\$7.00 in Santa Fe) with lower rates forthcoming upon the commencement of operations at the Consortium's two new automated subterranean factories.

Eventually, Consortium spokesmen stated, it is hoped that a fleet of trucks will be employed for rapid product distribution.

With reported reserves of \$125,000 for legal purposes, the Felix instigators plan to take bust cases to the Supreme Court. If the outcome of these proceedings is as the planners hope, they said, "We'll all be in the clear."

The following conversation took place over the phone in the LNS office, June 8, 1971.

Rrrrrrrrring, rrrrrrrrring.

"Insured Drive-Away."

"Yes, I wonder if you have any cars to drive to Chicago tomorrow night?"

"How old are you?"

"22."

"Who are you going with?"

"One other person."

"Is it a male or female?"

"Female."

"I'm sorry we don't let cars out to two females--there must be at least one male."

"Why?"

"That's the rules."

"Can you please tell me why?"

Click!



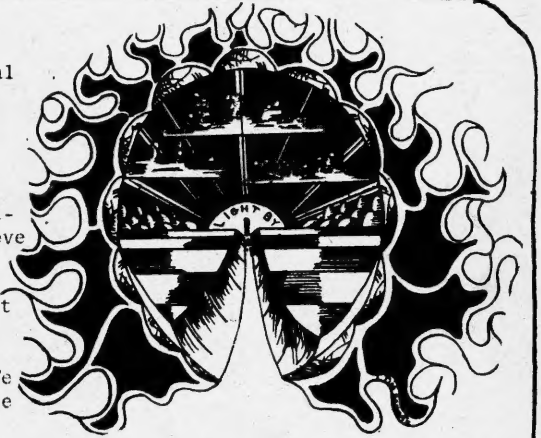
SHORTS

NEWS FROM:
LNS UPS FRINS WIND BOWNC

LSD - OK ...

A recent article in the official journal of the American Association for the Advancement of Science on "LSD and Genetic Damage" concluded: "that chromosome damage, when found, was related to the effects of drug abuse in general and not, as initially reported, to LSD alone. We believe that pure LSD in moderate dosages does not produce chromosome damage detectable by available methods." It further added: "...we suggest that, other than during pregnancy, there is no present contraindication to the continued controlled experimental use of pure LSD."

Which just goes to prove that something that good for your mind can't be bad for your body. We knew it all along.



... ASPIRIN NOT

The British Medical Journal reports that a recent study shows a significantly higher proportion of abnormal births among mothers using aspirin during the early weeks of pregnancy. It also blamed major abnormalities on the use of antacid pills containing sodium bicarbonate and the similar powders for the relief of excess stomach acids.



Wash(LNS)--According to the Nixon administration, airlines that are slashing youth and student fares to Europe are discriminating against the general public. According to Business week, the State and Transportation Depts. have asked the Civil Aeronautics Board to "take the most speedy course possible" to have youth fares discontinued.

WEED FOR BIRDS

Birds are going to suffer more than pot smokers as the result of the government's drive to destroy wild marijuana in the mid-west. The government is paying farmers in certain test counties to spray the wild growing weed with 2-4-D, a highly toxic herbicide.

During World War II the government paid farmers to grow marijuana (Indian hemp it was called) as a source of fiber for rope and twine. Since then the holy weed has been planting itself along fence lines and in uncultivated fields. During the time since the war the local birds have gotten hooked on the pot seed.

Now marijuana seed is the preferred food of quails, doves, pheasants and many song birds, according to a study conducted by the University of Nebraska. And because 2-4-D also destroys nettle, rag-weed and other broad leaf plants, it wipes out many of the native bird-food producing plants as well as those which provide cover needed by such birds for nesting.

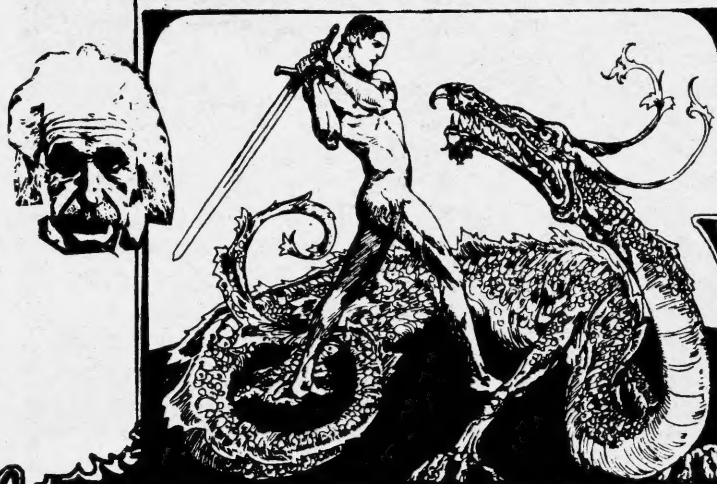
Up until the 1950s, a high percentage of the content of commercial bird feed was made up

of marijuana seed. When the bird seed companies were forced by the government to discontinue including it in their fare, the popularity of Canaries, as pet birds, dropped drastically. Canaries don't sing as much or as well when denied pot seed. Because of this Parakeets replaced Canaries as the most popular pet birds.

Under the government's eradication program, farmers in 10 counties are paid between \$5 to \$20 an acre to spray

fields where pot plants grow wild. If it is successful, the program will be expanded next year. If the government goes after the marijuana plant the way it did the Viet Cong, millions of acres will be defoliated where ever a few wild pot plants are growing.

The eradication program was authorized by Congress last October when it enacted Public Law 91513. The law instructs the Justice Department to eradicate the growth of hemp, peyote, mushrooms and other plants that yield mind altering drugs.



ENERGY TO INJECT AROUND HERE. PEOPLE ARE NEEDED TO HELP W/ MANY THINGS. MEETING FOR NEW FOLK ARE HELD EVERY SATURDAY AT 4PM AT 529 CEDAR, WEST BANK...COME ON OVER.

VENDORS!

ARE ALWAYS NEEDED TO GET THE PAPER TO THE PEOPLE. IN QUANTITY OF 25 OR MORE PAPERS COST 15¢ EACH, AND CAN BE PICKED UP AT ONE OF OUR HANDY PAPER SHACKS. CALL US AT: 333 3717 OR 333 8471 FOR MORE INFO.

ADDRESS ALL MAIL TO: HUNDRED FLOWERS PO BOX 7271 POWDERHORN STA MINNEAPOLIS, MINN 55407

HUNDRED FLOWERS IS PUBLISHED WEEKLY IN MINNEAPOLIS, EVERY FRIDAY. MEMBER: LIBERATION NEWS SERVICE, UNDERGROUND PRESS SYNDICATE, FREE RANGER INTERTRIBAL NEWS SERVICE, WISCONSIN INDEPENDANT NEWS DEPT, AND BIRD ON A WIRE NEWS CONSPIRACY.

Subscribe

"Don't spend your bread for bread only!!"



Subscription to Flowers are:
\$5.50 for 26 issues ☐
\$9.50 for 52 issues ☐
(Institutions: \$7.00/26 iss.
\$15.00/52 issues)

Name
Address
City State zip
HUNDRED FLOWERS, PO Box 7271, Powderhorn.
Minneapolis, Minn. 55407

PEOPLE WHO DONE IT THIS WEEK WERE: DAVID, DAVID, BILL, BILL, VICKI, VICKI, DEBBIE, KATHY, TOM, TOM, PEOPLES CENTER, NORTHCOUNTRY CO-OPERATIVE, WARREN, PHIL, MARGO, RICHARD, THE DEALERS, AND ASSORTED FRIENDS AND LOVERS, NOT TO MENTION GUEST APPEARANCE BY THE VIET-CONG! ALSO PAULA. WE ARE IN REAL NEED OF SOME FOLDING CHAIRS, LAMPS, AN IBM TYPEWRITER, DONATIONS OF MONEY, AND ANY REVOLUTIONARY CULTURE FREAKS WITH SOME

OUTRAGE AT WOODHILL

W
E
D
I
D
I
T

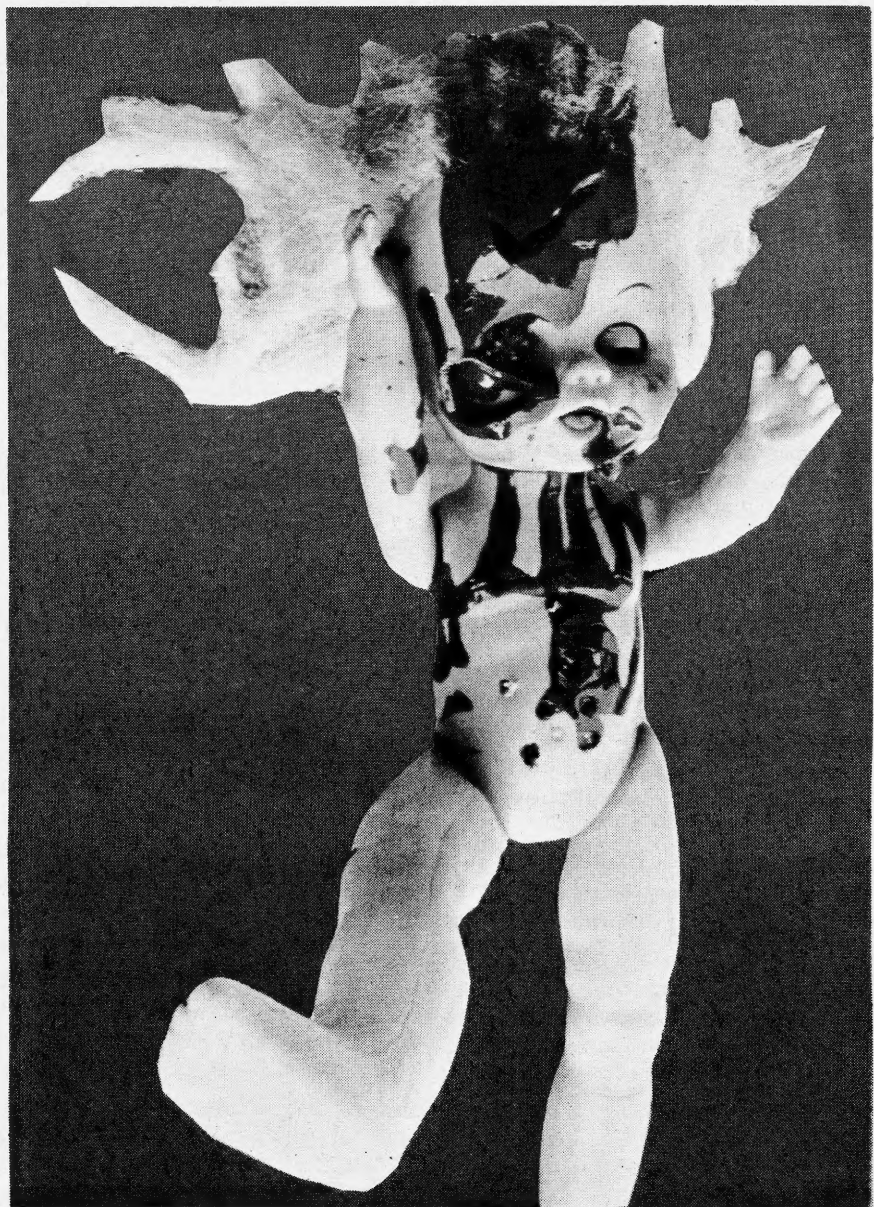
To celebrate Independence Day we invaded the sanctuary of Minneapolis' leading criminals, Woodhill Country Club. The corporate elite who play here are involved in polluting the air, producing food that isn't fit to eat, abusing our area's human and natural resources for private profit, and devastating Southeast Asia.

We displayed our disgust by putting mutilated dolls dripping with Chinese red paint all over the golf course. We also pounded a few rows of white wooden crosses into the fairways and spread 500 leaflets around for their reading pleasure.

The next morning the course was bombed from the air with weighted balloons which said, "This is a Honeywell Anti-personnel Fragmentation Bomb, you're dead." Had these balloons been fragmentation bombs, the membership of Woodhill would have been ripped up like the one million and more Southeast Asians that Honeywell weapons have helped destroy.

We have two criticisms of our action. There were no sisters involved in the planning or execution of the action. The media were not properly notified.

We actively encourage other people to form groups and do actions of their own. The decision-makers are parasites in our community. They like people to think they're invulnerable, but they are not.



Dolls are available at Goodwill and Salvation Army stores. The address of corporate war criminals is listed along with those of ordinary mortals.

* * * * *

THE WOODHILL LEAFLET

ACHTUNG!

A list of Honeywell war criminals belonging to Woodhill:

Harold W. Sweatt	James H. Binger
Stephen F. Keating	Edson W. Spencer
Paul B. Wishart	Bruce B. Dayton (Mr. Bruce)

These executives and others like them enjoy an opulent life style. We have left some reminders of the pricesome people pay for this luxury.

Approximately 40% of Honeywell's business is derived from the crusade to make Southeast Asia safe for corporate imperialism. Right now, Honeywell is researching the automated battlefield so the next President who embarks on a slaughter won't be embarrassed by a parade of home-grown corpses. Honeywell

Honeywell's public relations prostitutes say this is an obligation of a technologically oriented company, a service performed for a democratically elected government.

BULLSHIT!

Honeywell welcomes war profits. The democratic process is thoroughly subverted by corporate lobbyists who shape the system to fit their need for new markets.

It hasn't been divinely ordained that some people should play golf and sip cocktails while other people are murdered to support them. We could have defoliated your greens, napalmed your fairways, and fraged your veranda. Enjoy yourselves while you can. FUCK YOU, The Viet Cong



FROM ARTICLE 6 OF THE CHARTER OF THE INTERNATIONAL MILITARY TRIBUNAL AT NUREMBERG

The following acts, or any of them, are crimes coming within the jurisdiction of the Tribunal for which there shall be individual responsibility:

- Crimes against peace: namely, planning, preparation, initiation or waging of a war of aggression, or a war in violation of international treaties, agreements or assurances, or participation in a common plan or conspiracy for the accomplishment of any of the foregoing.
- War crimes: namely, violations of the laws or customs of war. Such violations shall include, but not be limited to, murder, ill-treatment or deportation to slave labour or for any other purpose of civilian population or or in occupied territory, murder or ill-treatment of prisoners or war or prisoners on the seas, killing of hostages, plunder of public property, wanton destruction of cities, towns or villages, or devastation not justified by military necessity.
- Crimes against humanity: namely, murder, extermination, enslavement, deportation, and other inhumane acts committed against any civilian population, before or during the war, or persecutions on political, racial, or religious grounds in execution of or in connection with any crime within the jurisdiction of the Tribunal, whether or not in violation of the domestic law of the country where perpetrated.

Leaders, organisers, instigators, and accomplices participating in the formulation or execution of a common plan or conspiracy to commit any of the foregoing crimes are responsible for all acts performed by any persons in execution of such plan.

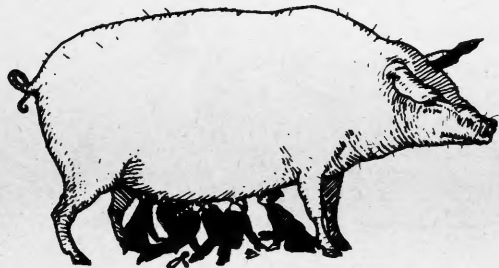
WHAT

HAPPENED TO YESTERDAY'S

There are historical roots to the present attempts to build a people's community, a community with goods, services, distribution, and work processes determined by human needs. Establishment historians mostly ignore this kind of history. It was not made by Big Names: political, military, or financial elites. It was made by ordinary people, our brothers and sisters of the past, from whom we can draw strength and self-identity if we learn to know them as part of ourselves.

Also, for our own self-defense, we must learn what happened to them. Many co-op movements have been smashed or perverted by the ruling class.

The building of our community must include building ways of providing goods and services--food, shelter, self-defense entertainment--for ourselves. And "ourselves" must come to include our brothers and sisters everywhere. By building ways of providing goods and ser-



vices, we are building a Revolution, a Revolution which aims at a world where no one is exploited or has to exploit another human being in order to survive. We must make this world as we go along.

Right now, there is an active attempt at this kind of construction: a People's Co-operative movement, which began to grow about three years ago at Berkeley. Locally, we have the Ecology Co-op and North Country Co-op, and several smaller ones. There are small producer's co-ops (work collectives), day care co-ops, and some collective or co-operative living and farm groups.

Almost all of these see themselves as groups providing not only for individual survival, but as actively working for change, for an end to exploitation, profiteering, and the competition, hostilities, and wars those things bring. They see themselves as part of a revolution.

So it was, too, with earlier co-op movements. We can draw from their strengths and experiences, and also learn from their mistakes.

A co-op movement started in early 19th century Britain, and it grew so strong that it controlled one sixth of all British retail trade by the start of World War II. Workers in this movement began with agreement on these (pre-Marxian) principles:

"First: That labor is the source of all wealth; consequently the working classes have created all wealth.

"Second: That the working classes, although the producers of wealth, instead

of being the richest are the poorest of the community; hence they cannot be receiving just recompense for their labor.

"Third: That they shall form a mutual protection society, which aims at independence for its members by common effort and common capital shared by them all.

"Last: By living in community with each other, on the principles of mutual co-operation, united possessions, equality of exertions, and of the means of enjoyments, shall these members become not merely financially bettered but happy and at peace each with all."

(Ripponden Co-operative Society Bylaws, 1833.)

Now, this is more ideological unity and more clearly-defined purpose than the members of any recently-organized co-op that I know of could muster among themselves. But apparently it wasn't enough, for lack of unity and uncertainty of purpose led to earlier waves of the co-operative movement being destroyed or co-opted by capitalism. We have direct experience of that here in Minnesota, for here is the center of one of the strongest and longest-lasting efforts which began in 1869.

An examination of this earlier movement shows that it is foolish to forget the realities of power. Anyone who doubts this, who thinks we can build peacefully, without struggle, should think about Matt Eubanks recent experience. The food co-op he started was providing good services to the Black community. It was firebombed and destroyed last December. No public outcry about this bombing. Local authorities didn't have to find some teenage activist to railroad into jail because of it.

ORIGINS OF CO-OPS

*You pull down our wages, shamefully to tell;
You go into the market, say you can't sell;
When that we do ask when these bad times will mend,
You quickly give answer, "When the wars are at end."
Ye tyrants and tradesmen your race is soon run,
We'll bring you to account for the wrong you have done.*
--Lancashire Weaver's Union Organizing Song, 1838

The Co-op movement was originated by militant labor, struggling to survive.

In the early 19th century, mechanical industrialization of the clothing trade (especially), and seizure of communally held farmlands created a large class of propertyless workers and unemployed ex-farmers and ex-craftsmen. This class attempted throughout the 19th century to organize itself, both to bargain collectively with employers and to use collective purchasing power to feed and shelter itself without paying profits to owners and middlemen.

Early strikes by stillborn unions were broken because there were large numbers of unemployed people near starvation who would work, and send their children to work, in the mines, mills, and factories. Political action and petitions to government were ignored. Militant demonstrations, marches, and attempts to destroy factory machinery to force employer bargaining brought heavy repression. Soldiers shot or sword-slashed demonstrating workers. Many were killed in these so-called "riots"; leaders were arrested and imprisoned, deported, or executed. Government spies were everywhere.

At the end of unsuccessful weaver's strike in 1843, 27 men and one woman (Ann Tweedale) found themselves black-listed; they could not get any kind of work. They formed a collective and discussion group, the "Equitable Society of Rosedale Pioneers," which spent months discussing how their political beliefs could be translated into action.

They were ideologically diverse: Owenites, Chartists, Socialists, Radicals, religious dissenters, and they did not arrive at a unified ideology all could agree on. But they did agree on a program, and, starting with \$140 and a shabby store, established an organization which has grown into a world-wide movement, though not the way they hoped it would.

We should look closely at this organization. Virtually every co-op which has grown and flourished has organized itself around the "The Rochdale Principles." Those which have not done so have either failed or have remained very tiny bodies, providing small, limited, services to a few hundred people at most.

The Rochdale Society set forth the group's collective purposes:

"The establishment of a store for the sale of provisions, clothing, etc." Also acquiring land for collective farming, housing, and manufacturing.

"The building, purchasing, erecting of a number of houses in which those members, desiring to assist each other in improving their domestic and social conditions, may reside.

"The manufacture of such articles as the society may determine upon, to provide employment of such members who may be without employment, or who may be suffering the consequences of repeated reductions in their wages.

"The purchasing or rent of land which shall be cultivated by members who may be out of employment or whose labor is badly paid.

"And further: as soon as is practicable, this society shall arrange powers of production, distribution, education, and government--in other words to establish a self-supporting colony of united people, and assist other societies in establishing such colonies.

Their goal, then, was a people's state, economically and democratically

CO - OPS?

controlled by those whose work produced its wealth. The means to this end they set forth in what are now known as the Rochdale Principles:

(1) Democratic control--one vote per member (no matter how many shares) and no proxy voting.

(2) Returns on invested capital of members shall not be more than the prevailing interest rates; dividends do not fluctuate; and co-op stock is not speculatively traded.

(3) After operating expenses are paid, and reserves for education and expansion are set aside, the remainder of earnings are paid out to patrons on the basis of how much they have bought at the co-op--the ones spending the most get the most back. This is the "patronage refund" principle, the most important factor in the financial success of presently existing large co-operatives.

Of the remaining "secondary" principles, three are important in terms of financial success--they had been drawn from bitter experience of an earlier Christian Socialist co-op movement, which had expanded into several hundred stores, then failed.

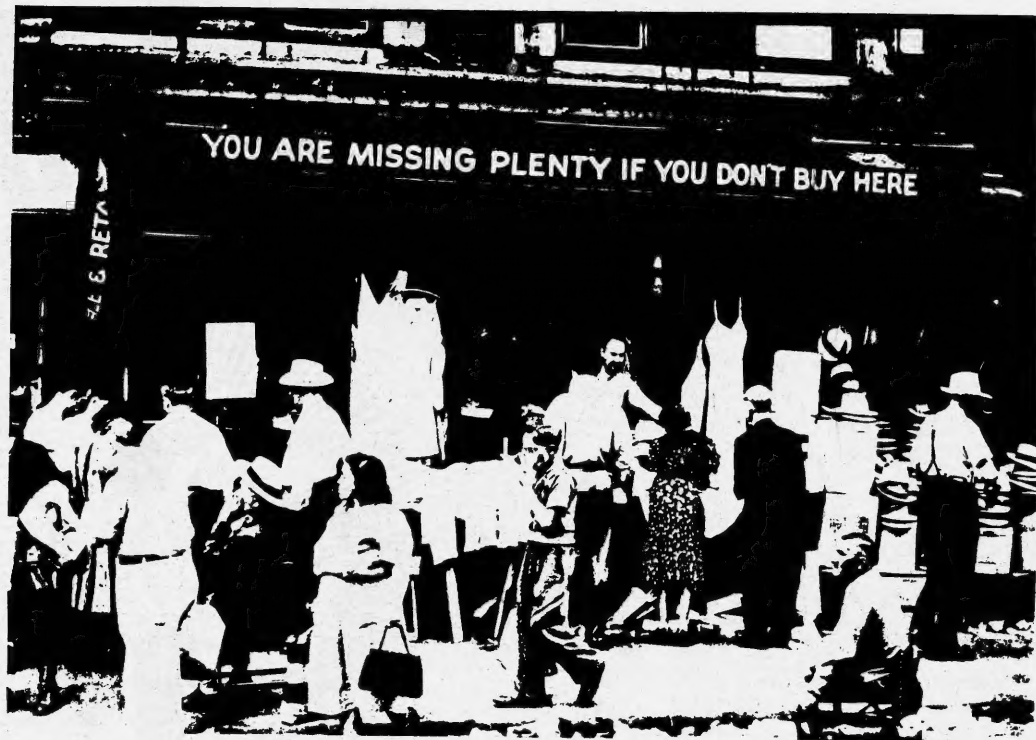
(A) Business shall be done for cash, no credit.

(B) Current market prices shall be charged--no price-cutting.

(C) Adequate reserves for depreciation, expansion, and unforeseen difficulties shall be regularly set aside.

These are the three operating principles which kept the American and British co-op movements alive in the early, struggling years. They also limited and then eliminated the participation of the very poor and of blacks.

There is a reason for each principle.



For the first principle, the reason is quite simple. Giving credit is always a risk; giving credit to poor people on consumer items is usually a bad risk, because they can't pay. A co-op built on love, brotherhood--and, in any case, outside the system--couldn't rely on the means used by the system to extract payments from the poor. Co-ops that gave credit, therefore, went under. They still do.

The second principle--no price-cutting--was an attempt to avoid two dangers. One was price wars, which the under-capitalized co-ops always lost, because they could not hold out against established merchants. The second danger was setting prices too low, because of inexperience, to cover actual co-op costs.

The third principle is self-explanatory--though what is adequate is hard to determine. Two unforeseen events might include having your store smashed up by police or burned by a mob led by a government agent. It might include having all your goods stolen, or being cheated on your orders or payments by merchants who wanted to put you out of business and smash your movement. All this supported the patronage refund method of operation (because this allowed the venture to hold enough money to keep going until it could tell what its expenses were going to be).

It also led to an expansion principle: Where possible, co-op societies shall combine their strengths in democratic association for the purposes of wholesaling, manufacturing, and providing services too large to be undertaken by local organizations.

If a co-op is to expand, it must draw in new members and not alienate potential supporters, so another principle was developed: the principle of political neutrality, by which is meant open membership. Anyone can join.

The Consumer Co-Operative League of America (educational arm of National Co-operatives, Inc., an umbrella organization for all kinds of co-ops) believes these principles are an economic necessity for any successful co-op.

The "success" of co-ops organized according to them has been considerable in many ways. Co-ops affiliated with NCI do several billion dollars worth of annual business. They include co-op supermarkets, rural electric companies, Land O' Lakes Creameries, and the Nat-

ional Credit Union. The St. Paul Farmers Union Co-operative, started on less than \$1,000 raised by members in 1927, distributed to its members more than \$13,000,000 in patronage refund "dividends" for 1970.

Evidently the Rochdale weavers were on to something, in terms of a "success" defined by growth and money. But something got into the co-op movement that drained it of all its original militancy and social vision, and which now casts some doubt on whether co-ops can be a force for social change at all.

The large establishment co-ops are surely not such a force. Their own literature makes this plain; they repeatedly print that co-ops are part of the American free enterprise system, and not opposed to it.

During the early years of the Cold War, Minnesota's Commissioner of Agriculture praised co-ops (mainly farmers' co-ops in this state) to the Legislature. He called them a "bulwark against Socialism and Communism."



That's what they are now, and if they're not bulwarks for the ruling class--Matt Eubanks co-op wasn't--they are offed.

The early co-ops certainly didn't start out as a bulwark against Socialism. In many cases, they started out as attempts to achieve Socialism peacefully, to provide survival services, and to build community. But they got co-opted until they became nearly indistinguishable from the institutions they were supposed to replace.

(How did this happen? A big step was giving into the temptation to get "professional management." A subject for another article.)

RICHTER'S DRUG

at the corner
of 5th & Cedar

NEW SUMMER STOCK OF

A-200 PYRINATE®
LIQUID

NOW IN!

ENDORSED BY THE HUNDRED FLOWERS STAFF... AND FRIENDS!

A-200 PYRINATE **KILLS** and rids
your body of:



HEAD LOUSE



BODY LOUSE



CRAB LOUSE

BE HEALTHY! • BE FREE!

LEGITIMATE PRESCRIPTIONS

FILLED.

TOILETRIES

FOUNTAIN

Yoga postures (asanas) are the antithesis of western calisthenics. Rapid exertion builds muscles, increases stamina, strains the body, and generally treats the body as a hot-rod driver treats his machine.

Yogis attempt to unite and harmonize the mind with the body and try to invoke peaceful, restful levels of consciousness. Slow, rhythmic breathing and relaxed easy stretching motions are combined to achieve these states of physical/mental union.

Muscles are toned up and nerves are toned up. Every musician knows that good music can't be created on an out-of-tune instrument. Our bodies are capable of laying down some incredible riffs if we can tune up to the correct celestial notes.

While doing the exercise wear loose comfortable clothing or none at all. Wait at least 3 hours after you've eaten. Avoid distracting interruptions and noises.

Never strain yourself to accomplish postures you've seen in pictures of people doing in books, i.e., the East Bengal pretzel pose. It will all come gradually as your seldom-used body limbers up and unwinds. You should "feel" the stretch but stop before the pain threshold is reached.

Remember to consciously breathe with the diaphragm as you do the asana. Don't take a deep breath, then plunge into the posture and blow out the stale air in a loud blast. Do a rhythmical mellow thing. All the breathing is through the nose. If any dizziness occurs, stop immediately and rest flat on your back until you get back to earth. NEVER practice

ASANA



people's yoga

breathing exercises while driving. Poranayama is great while making love, however.

Serious, disciplined DAILY practicing will bring noticeable results sooner than just "messaging around." It is better to practice 15 minutes every day than an hour every 3 days.

In between postures lay flat on your back with the legs and the arms spread, breathing deeply, slowly and quietly. This is called the "Corpse Posture." For every minute spent in actual exercise, 3-4 minutes should be spent getting the breath and body relaxed. The essence of yoga is the alternation of tension and relaxation in a dialectical relationship.

The LEG LIFT is a good basic limbering exercise to start with. Lie on your back, legs together, arms at your side, and palms down. Create tension in the hips, legs and abdomen. As you lift the legs to a 45 degree angle, inhale in one long deep breath. Raise the legs to 90 degrees and exhale. (Keep buns on the floor if possible; don't point your toes.) Then inhale, lowering the legs to 45 degrees and finally to the floor as you exhale.

Gradually work up to 6 or 8 of these lifts. Also do the routine alternating legs. Another variation is to hold the legs for 1/2 minute about 3 inches from the floor.

The SHOULDER STAND is a further refinement of the lift. Raise the legs to 90 degrees. Place your hands on the hips and raise the entire lower body so it is 90 degrees to the floor.

This week's mantra for the masses is: It's hard to be a yogi when the people are so bogey.

Hair



I'd like to try to clear up a few old ruses about our hair (which has been used to identify freeks ever since our culture started to develop), especially the ruse about split ends.

When your hair is dirty (oily), take a natural bristle brush (this is essential) and a pal and sit down and brush each other's hair. This gives a chance for the blood to go to the scalp and it's a real pleasure. Brushing gets rid of splits almost naturally and you don't have to cut off what is good healthy hair. BEWARE OF THE TRIM-THE-SPLIT-END RUSE!! Trimming is one of the causes of what you're trying to trim away--split ends. It butchers the hairs, chopping them off and causing them to fray at the end.

When you wash your hair use organic shampoo, which you can get from health food stores or from Ann Hoover at the Rainbow People's Party house at 1520 Hill Street.

After you wash your hair, twist it in a towel (don't try to rub it dry) and let it dry without brushing or combing it at all. Air dry it, because when you brush or comb it when it's wet it stretches the follicles and breaks them off and as a result your hair splits. After it's dry, brush out the tangles and it will look like natural hair and you will look like yourself instead of what the magazines say you should look like.

Now before you all go out and get your shag haircuts, sit down and think of what you're doing. Does anybody remember what they did to us in school

They smashed our born-in creativity by making us do the same work and they reinforced this process by making us all look alike. All little boys had short hair, and most girls' hair was pretty short too. By making us look alike and act alike, we began to be alike, fitting into their mold. But then came the Beatles et. al. with what seemed to be real long hair. As the 60's went on more people had longer and longer hair, and the beautiful thing about it was that everyone's hair was unique, just as every person is unique. Also, there were no trips to the barber or curler shop for a waste of from three to ten bucks.

Now the fads are turning again and everybody is beginning to look like everybody else. The shag. More people are starting to butcher their hair uselessly. I know people are doing it just to do it, but something else to do, something beneficial to it, is instead of getting together to cut each other's hair, get together to brush it. Dig the natural color and texture of something that's real, not like some rich woman's poodle.

So when you want something to do, brush it, never cut it again, and I know that you'll dig it. Give it time to go through a period of readjustment--help your hair develop its own natural beauty instead of forcing it into the pop-star American death mold. No designer's fantasy will ever look better on you than your own hair as it grows. Let it grow!!!

--Anne LaVasseur

WAX MUSEUM

NEW & USED RECORDS



CHEAP!

419

WEST LAKE St

The Apparent Effects Of LSD

Masters and Houston in their book, "The Varieties of Psychedelic Experience", said this on the effects of LSD (get out yer dictionaries, People):

"changes in visual, auditory tactile olfactory, gustatory and kinesthetic perception; changes in experiencing time and space; changes in the rate and content of thought; body image changes; hallucinations; vivid deidetic images seen with the eyes closed; greatly heightened awareness of color; abrupt and frequent mood and affect changes; heightened suggestability; enhanced recall or memory; depersonalization and ego dissolution; dual, multiple, and fragmentized consciousness; seeming awareness of internal organs and processes of the body; upsurges of unconscious materials; enhanced awareness of linguistic nuances; increased sensitivity to nonverbal cues; sense of capacity to communicate much better by nonverbal means, sometimes including the telepathic; feelings of empathy, regression, and primitivization; apparently heightened capacity for concentration; signification of character traits and psychodynamic processes that make evident the interaction of ideation, emotion, and perception (with one another and with inferred unconscious processes; concern with philosophical, cosmological, and religious questions; and in general, apprehension of a world that has slipped the chain of normal categorical ordering, leading to an intensified interest in self and world and also to a range of responses from extremes of anxiety to extremes of pleasure."

This listing is a very general description of the range of possibilities in the LSD experience. No one trip need to have them all- most trips don't. But no matter what trip you have, you will be thinking while you are on it, thinking clearly and rapidly-maybe not sensibly-but rapid and clear. This ability of thinking to yourself is the feature which makes the experience valuable for you can feel your fears and loves more and think about their causes and effects. This property makes LSD a problem solving drug. Architect Eric Clough, in his interview on this project, near Santa Cruz August 1966 issue of "Progressive Architecture", said of an arts-crafts shopping center design which he was to make, "I looked at the paper I was to draw on. I was completely blank. I knew that I would work with a property 300 feet square. I drew the property lines (at a scale of 1 inch equals 40 feet) and I looked at the outlines. I was blank.

Suddenly, I saw the finished project. I did some quick calculations...it would fit the property and not only that...it would meet the cost and income requirements. It was contemporary architecture with the richness of a cultural heritage... It used history and experience but

did not copy it.

I began to draw...my senses could not keep up with my images...my hand was not fast enough...I was impatient to record the picture (it was not faded one particle). I worked at a pace I would not have thought I was capable of."

His design was excepted, he has been able to design other projects in the same manner. He hopes that his faster sharper, and clearer procedures for imagining projects will remain with him.

LSD is a potent analgesic. Dilaudid (meperidine) and dehydro-morphine, two powerful painkillers were tested on 40 terminal cancer patients. Demerol killed pain for 4.7 twenty minute periods, 8.4 for dehydro-morphine, 95.4 (32 hours) painfree with 100mg of LSD. And the experience was an aid in facing death without fear--it caused thinking about the problem of imminent death and forced it to come through unblocked and unaltered. It causes neurotic people to lose their fears by making them sensitive about themselves to know when they are acting out a fear and to understand why they do it. If these fears become too strong on LSD, the neurotic can freak out and suffer what could be called a godtrip or temporary psychosis. (Godtrip because of the sense of no reality--or all reality being you--outside of you.) But, with the right trip conditions, the experience can be guided out of a paranoid and schyzoid type.

The state of the paranoid or schyzoid experience is dream reality which I think is a learned retreat into a dream that your mind can take when real conditions become too fearful (or painful) for your mind to stand.

LSD increases sense sensitivity. You can see more of what you look at. You can hear more and louder sounds. Notes sound tonally more deep and rich, colors look brighter and more real. Astigmatism can disappear and myopia (nearsightedness) is sometimes made clearer and sometimes it disappears. LSD increases concentration sometimes.

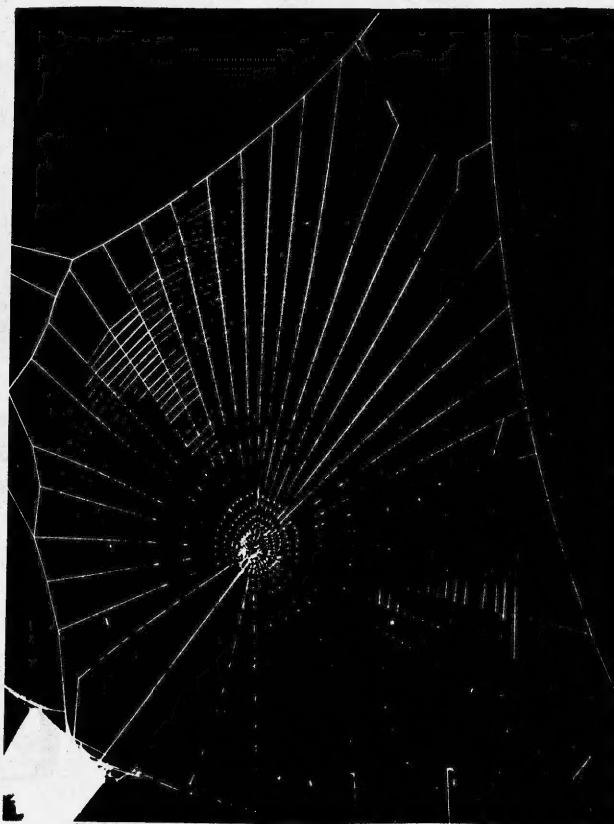
But by far, one of the most graphic examples of the effect of LSD on organisms in general, are the three pictures appearing on this page showing the variations in a spider web when a spider is given different drugs.



CHLORAL HYDRATE, the barman's "Mickey Finn," puts the spider to sleep after it has completed only a small part of its web.



CAFFEINE produces the arachnid equivalent to human coffee nerves, making the spider spin a haphazard tangle of threads.



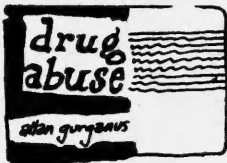
LYSERGIC ACID induces acute concentration. The spider zealously weaves a perfect web, greatly improving on nature.

Pictures from the Life Nature Library



Poster by Ann Grifalconi

AND GOD CREATED WOMAN IN HER OWN IMAGE



THAT'S RIGHT, DOCTOR, OUR SON HAROLD COOKED SOME MARIJUANA INTO A MARBLE-CAKE AND WE ATE SOME BY ACCIDENT.



THE FIRST SYMPTOM WAS: I BEGAN FEELING A STRANGE TENDERNESS FOR MY WIFE MARTHA - THE KIND OF TENDERNESS I HAVEN'T FELT FOR YEARS. SHE SEEMED ALL SOFT AND GIRLISH AGAIN.



THEN, MAE, OUR COLORED COOK FOR TWENTY YEARS WALKED INTO THE ROOM AND I BEGAN HAVING DELUSIONS THAT SHE WAS A THINKING PERSON - ALMOST LIKE ONE OF US. I THOUGHT OF HOW THE CHILDREN LOVE HER AND I FELT SUCH TENDERNESS FOR HER, I ALMOST RAISED HER PAY TO THE MINIMUM WAGE.



I WANTED TO SEE AND APOLOGIZE TO OUR DAUGHTER ELIZABETH. WE HAD TO SEND HER OFF TO BOARDING SCHOOL BECAUSE SHE WAS SEEING THIS LOWERCLASS, LONGHAIRED BOY WHO SINGS WITH A ROCK BAND. I STARTED THINKING OF OTHER PEOPLE'S HAPPINESS AS IMPORTANT AS MY OWN.



THEN I NOTICED THAT THE COLORS IN THE LIVING-ROOM WERE SO RICH AND BEAUTIFUL, I DIDN'T NEED TO TURN ON THE TV. I FELT THIS STRANGE COZINESS, THIS ODD CONTENTMENT.



ALL TOGETHER, DOCTOR, IT WAS THE MOST FRIGHTENING EXPERIENCE OF MY LIFE....



BEATING ON THE WEST BANK

Two weeks ago, a woman was selling dope, which was a good size and a good price, when she was abducted by six men who beat her and raped her. They stole her money and the rest of her dope. The result, a woman who was willing to sell good dope for a fair price, ended up with a black eye, bruises, and a confrontation with men who still think that women are only sex objects.

The woman feels that this is a situation where an elite few are trying to control prices on the Bank so that they can make fantastic profits on their sales. Perhaps if people refused to pay outrageous prices for dope, these idiots would go away. However, until they do leave, we must all be aware of their presence and do our best to protect innocent brothers and sisters

FROM THE PHARM HOUSE

Hey freaks! Are you sitting around on these hot summer days with nothing to do? Well, if you are, there are some people at the Pharm House who could sure use some help painting and remodeling their new office at the corner of 5th and Cedar, above Martha's Antique Shop. Just call 339-6952 and offer your services. It will give you a chance to express your creativity and besides that, it will be lots of fun. Any help you can give would be greatly appreciated by the folks at the Pharm House.

NARC NEWZ

FREE PRESS
Name: There is no one
Telephone: There is no one
112 Phone to go to the office
NARCOTIC AGENTS LISTED
There should be no secret police
Know your local Mark

In the last issue of Hundred Flowers the name and description of a person was given to be a narc. This person, Bill Marshal (description: 5'11" heavy build, wears dark rimmed glasses) works at Powderhorn Park as a recreational aid and IS NOT AN INFORMER.

Also this message to Pat Shannon, notorious South Side narc; We are sorry you took the article in Vol. 2 No. 13 "True Confessions by a Flaming Faggot" personally. Listen everyone, to the best of our knowledge Pat Shannon is not a flaming faggot. The Shannon who wrote that article is a beautiful loving person, who is strong enough to express his love in honest ways. This alone is a distinguishable difference between Pat and Shannon (a first name.).

Years ago Pat Shannon wanted to become a monk. He joined a religious order, but for some reason never

stuck with the work of the lord. Maybe God didn't see him fit enough for divine material: So, having been rejected by (or having rejected--we don't know for sure) God, Pat took up the sinful ways of Man and ran for State Legislature in Minnesota. After coming in last in the primary (5th), Pat then stooped to one of the lowest earthly forms of life and became an undercover narcotics agent. He is now part of that sinful process by which the government represses and punishes the sacramental use of marijuana and other religious psychedelics. And he loves it.

PAT SHANNON

26 years old.

6' tall

165 lbs.

Black hair, brown eyes.

Complexion problem.

Usually wears jean bell bottoms...

Tough style cop.

Goes into rage at mention of Hundred Flowers. Says he'd like to meet the editor in a dark alley. Many people have said same thing about him. Says he's gonna get Hundred Flowers for saying, "he thinks he's a tough cop" in the paper. Has since said, "I'm a damn tough cop." (Sorry we left out the damn.) Should be taken seriously. Is known acquaintance of Jim Decouski (the narc that murdered Mark Salazar).

NEW & USED LP'S
AT THE
RECORD EXCHANGE
2 LOCATIONS
1419 WASHINGTON AV. SO. (7 CORNERS)
413 14th, AV. S.E. (DINKYTOWN)
OPEN 24 HRS A DAY
7 DAYS A WEEK !!!



POSITIVELY 4th STREET

BOOKS • RECORDS • PAPERS

JOHN BALDRY only 329
on WARNER BROS.
RECORDS & TAPES

4/98 are 345
list 359
5/98 are 388
list 413

803 4th ST. S.E.
OPEN NOON TO MIDNIGHT

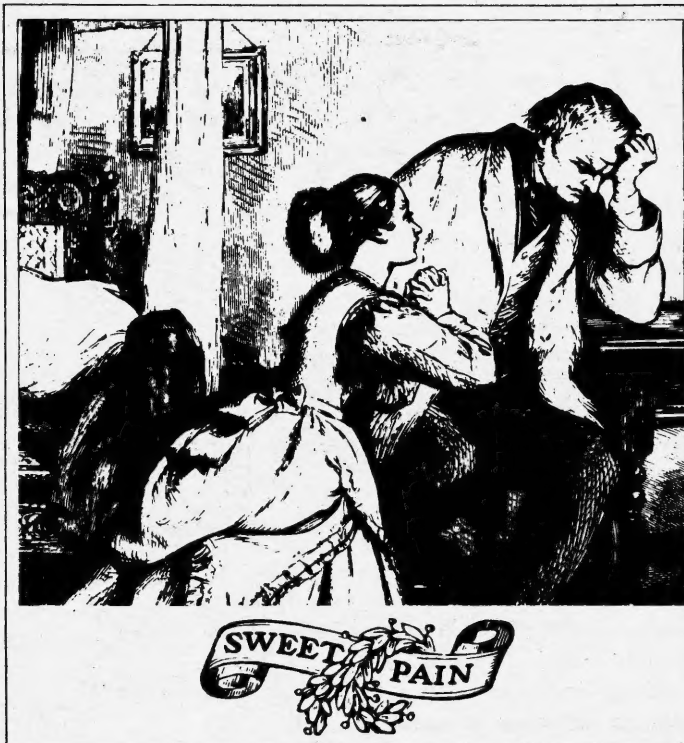
NORTH COUNTRY CO-OP
RICE
GRANOLA
OIL
HONEY
RAISINS
DAIRY PRODUCTS
NUTS
DRIED FRUIT & DRY GOODS IN BASEMENT TOO
COTTON PRINTS
NAVY DENIM
THREAD
HAND NEEDLES
SILK PINS
CHALK
SEWING MACHINE
NEEDLES
LIGHTS
OIL
BOBBINS • ELASTIC
22nd + RIVERSIDE
OPEN FROM 10 AM TO 10 PM EVERY DAY 'CEPT MONDAY (THEN WE CLOSE AT SIX PM.)

THE DISEASE

OF

VENUS

"My dear Candide: You remember Paquette, The maid-servant of our august Baroness; in her arms I enjoyed the delights of Paradise which have produced the tortures of Hell by which you see I am devoured: she was infected and perhaps is dead. Paquette received this present from a most learned monk, who had it from the source; for he received it from an old countess, who had it from a cavalry captain, who owed it to a marchioness, who derived it from a page, who had received it from a Jesuit, who, when a novice, had it in a direct line from one of the companions of Christopher Columbus. For my part, I shall not give it to anyone for I am dying."



or: what did you sleep with last night

The above paragraph in quotations, was taken from Voltaire's satiric novel 'Candide'. The 'present' the speaker talks of, is Venereal Disease. He points out the dangerous communicable aspects of VD, while also clearing up the myth that any class, status or individual group is immune to it.

The presence of VD, in past and present civilizations, has been the cause of much superstition, gloom and panic. It most commonly has not been treated as a problem that should be controlled and eliminated, but rather as something that is dirty, evil, and is supposed to be hushed up.

The word 'venereal' comes from 'Venus' the Goddess of love but when disease is added it's meaning changes into something that has been responsible for suffering and death. VD is spread directly from person to person through sexual intercourse or by direct intimate skin contact with an infected person. Holding hands, kissing, hugging can all be considered intimate contact. Contrary to popular belief, you can not get VD from a toilet seat or a drinking glass: VD germs die within 2 seconds after they are exposed to the air and are totally reliant on human contact. The most common Venereal Diseases are gonorrhea and syphilis, but their signs and symptoms are quite different. The cure for both are the same; either penicillin or tetracycline. VD can be cured but it can cause damage to tissues and organs that can not be repaired by the treatment. It will stop further damage, though.

gonorrhea

Gonorrhea is often not considered by people to be a serious disease especially since the discovery of penicillin. It is a very heavy problem though for individuals allergic to penicillin and for women who the effects of gonorrhea are not obvious until it is often serious.

Gonorrhea goes under many names; strain, whites, drip, and the most familiar term: THE CLAP. Symptoms of claps appear about 3 to 5 days after the person is infected.

Gonorrhea is caused by a bacterium (germ) called gonococci. The body reacts to the invasion right away by manufacturing an army of white blood cells and from this violent confront-

ation, symptoms in the men become obvious within 3 to 5 days; a burning sensation when he urinates, and a yellow, white discharge of pus from the penis. In women though the symptoms are not so obvious since the germs strike first in the deeper tissues far less sensitive than the urethra.

Although the white cells do join in an army to counteract the invading gonococci they are far out-numbered since gonococci reproduce themselves much faster. Gonorrhea can eventually go further into the body to the organs causing arthritis, sterility, heart trouble and blindness. One of the worst aspects of this is for babies born to infected women. This is not unusual since women have a much harder time realizing the disease. The baby can get the disease from the mother, and the most common danger is that as the baby passes through the birth canal, it can pick up the infection in the eyes, causing blindness. A woman can have gonorrhea for years and not know it, giving it the opportunity to spread into the womb and fallopian tubes. Eventually she can feel it by severe pains in the stomach and lower back and a thick vaginal discharge. Gonorrhea is detected by a lab test called a culture test.

syphilis

Syphilis is highly contagious in its early stages but is not easily detected. In the Renaissance period, it was considered bad blood, and is sometimes still called such: other names are pox, siff, and haircut. Syphilis can attack and damage any tissue or organ of the body, especially the brain, hearing, liver and bones. The first sign of syphilis is usually the appearance of a painless sore called a 'chancre' (pronounced 'shank-er'), which may appear within 3 weeks after exposure to an infected person. The chancre usually appears around the sex organs. Sometimes there is no chancre or it may be in a place where it will go unseen, particularly in women. Even without treatment the chancre may go away and most people think that they have been cured. Actually this means the disease has bored further into the body. About 2 to 6 months after in-

fection, other reactions may appear that are very similar to other diseases, hence syphilis is sometimes called the "great imitator". These symptoms may be a low fever, sore throat, sores, rash, falling hair, sores at moist spots. Such symptoms may come and go for a year or so. The victim remains infected and will continue to spread the disease. Syphilis is detected by a simple blood test.

At the present time gonorrhea, syphilis and other venereal diseases have reached epidemic levels in Minneapolis and the country. This is a vital time to act on prevention and elimination of VD. I visited several places in Minneapolis to see what was being done. The Cedar-Riverside Peoples Clinic, on the West Bank handles a great amount of VD cases but is about to it's capacity.

A visit to the Minneapolis Public Health Department proved to be shocking. There are only two men the whole Minnesota Health Department who handle all VD problems. The Public Health Dept. is under a great squeeze for money (most of the tax money goes to the Defense Dept.) but it's neglect is also reminiscent of the old morality that would rather look the other way than face the problem. There is a great crisis especially in Mpls. concerning VD that the Public Health Dept. and the general public must recognize and act on.

Here's a list of all places you can contact if you think you may have a form of VD.

- Minneapolis Public Health
250 S. 4th St. Ph.330-2741
Room 514
They are only capable of testing males right now but hopefully in the near future will be able to test females. All info is kept confidential.
- General Hospital -- Emergency Room
- Cedar-Riverside --20th and Riverside
332-4973 - can handle testing and the cure. Prefer local community people.
- Teen-age Medical Clinic -- handles all cases of 20 and under, Call Minneapolis Public Health for more info.

Chicago Indians Busted

More than 100 Chicago cops weilding shotguns, clubs and rifles and driving heavy trucks forcibly evicted about 100 Indians living on an abandoned Nike missile base early Wednesday morning, July 1.

The Indians were awakened by the tank-like trucks ramming through the heavy cyclone fence surrounding the base. They hurled rocks and bottles at the cops, and a boat trailer was pulled accross the torn main gate and set ablaze as a barrier. But the brief resistance ended when a cop fired a shotgun. Twelve Indians were arrested and there were several beatings.

The Indians had been living on the abandoned missile base since June 14. Initially there were 20 Indians, but the number grew and the base took on a new face. The 18 year-old peeling, neglected barracks were painted, tents were erected, and a telephone was installed. All community responsibilities like cooking, security, garage, running errands for supplies, child care and entertainment were shared equally.

Chicago cops hassled the Indians all during their stay at the base. The second day they were there, cops

threw up road blocks on the two roads leading in and out of the base, prohibiting people from coming or going. The official excuse was that people were bringing liquor onto the site and it is "illegal to bring liquor on Park District property."

Later that same day, a man on the base broke his leg and had to be taken to the hospital. Cops tried to stop the Indians from passing barricades aside to let the cars through. Later that evening an Indian woman was beaten while walking her dog.

Chicago Indians have been involved in two other actions in the past year, both dramatizing Indian demands for better housing. In May 1970 an Indian mother, Carol Warrington, and her six children were forcibly evicted

from their home by a Chicago slumlord. Carol then pitched a tent in a vacant lot near Wrigely field. Soon she was joined by other Indians, and the Chicago Indian Village was formed. After that action, the head of the Dept. of Human Resources promised the Indians decent housing; nothing has happened yet.

Recently a number of Indian families took over an old tenement in the uptown ghetto area in Chicago where there is a large Indian population. June 13 the Tenement was wiped out by fire. The Indians suspect it was set by the police.

Later in the day of the Nike base bust about 100 Indians marched into the loop to demand a meeting with Mayor Daley to protest their eviction.



4th OF JULY IN BLAINE, MINNESOTA

The Official Bulletin Board in City Hall had two of Congressman Bill Frenzel's posters (not prepared at government expense) advertising appointments to West Point, Annapolis, and the Air Force Academy. It's really too bad. He is such a nice looking and personable young man.

We were located across the way from two VFW booths where the ladies were selling patriotic jewelry and other knick-knacks. A good number of Veteran's of Foreign Wars were around in full uniform. Most were in the thirty to sixty age group. One had a holstered sidearm.

A Boy Scout band arrived and did their thing; they were neat and trim and precision-like. How many of them will have long hair in three or four years?

The "Commodore" was there in full regalia; big and handsome and with a Queen of some kind in a long gown. He apparently was drumming up business for the Minneapolis Aquatennial.

Speaking of queens, it was the occasion for the first annual Miss Blaine contest. Strange to see your community having their first queen... thing when these contests are being dropped elsewhere for being irrelevant, immaterial, or false and phony.

When a skydiver came floating down, I overheard a woman say excitedly, "there he is!" and another say, "here he comes!" and I wondered how they knew it was a HE.

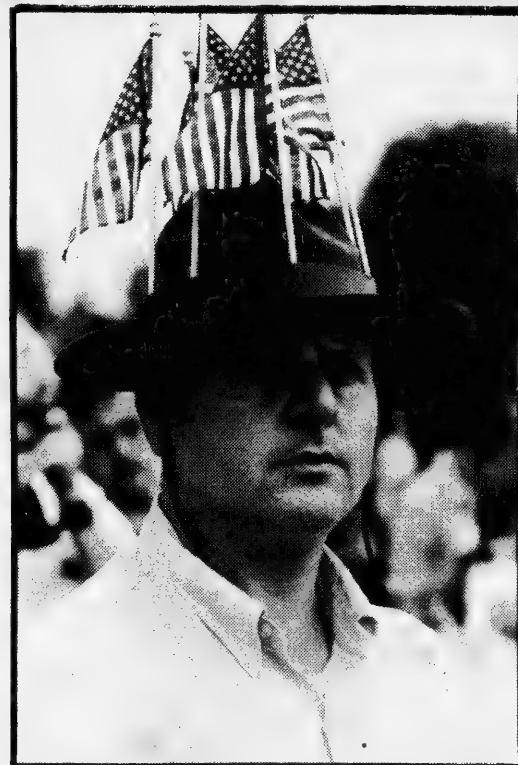
A boy about seven noticed the pictures of dead Vietnamese and asked about them. I said they may have been

killed by bombs or artillery or US

"Walk on by..."--just as in the song, that's what the people did at Blaine's Blazin' Fourth Celebration (Blaine is a suburb of Minneapolis). We, the Vietnam Vets Against the War, had a booth at Aquatore Park--the site of the festivities. The walls inside and out were covered with bumper stickers, posters and assorted literature with all the anti-war themes. And there were 12"X18" pictures of dead Vietnamese. Maybe it's improper to be serious at a "celebration"---Maybe "serious" vibrations are rejected by fun-seeking, festive crowds. Even the WCCO-TV (4) camera missed us. (Inadvertently, we hope).

In two days probably two or three thousand people passed the booth. They would look for a few seconds without stopping, then turn away as if they had seen nothing. (Inscrutable Orientals). ONE in a hundred would smile, whether in approval or derision or pity we could not tell. Even some friends and neighbors who stopped to talk were oblivious to the booth and its message. In two days not more than ten or twelve people stopped to talk. Only three or four of them were opposed to our position, their main theme being it's better to stop them over there than here.

Our booth advertised the Quaker film, "Once Upon A War" and VVAW's "Winter Soldier"--showings at 12-2-4 & 6:pm in the City Hall. Perhaps a total of twenty people besides ourselves saw the films.



Marines. I asked what he did and the boy laughed sort of apologetically and said he was just a cook. In conclusion we agreed that even marines have to eat.

As I was leaving the grounds about nine Sunday nite, a woman about forty sitting at a picnic table hollered at what I assume was her husband or boyfriend (I hope not her lover)"get away and leave me alone you son-of-a bitch"

And such is Blaine, Minnesota, on a non-revolutionary fourth of July.

WAKE UP IN THE MORNING FIND YOUR POOR SELF DEAD

HOW TO SURVIVE A LITTLE BIT LONGER THAN YOU WOULD IF YOU KEPT ON DOING WHAT YOU'RE DOING RIGHT NOW

Repression is accelerating. Chances of a raid on your house are increasing. The No-Knock law was just passed by congress. It is time now for all of us to begin planning how to deal with busts and emergency situations. Whether you live in a house with a few other people, or a lot of folks, you should start talking about your own protection and how you can prevent a bust. If you know people who live in other houses and communes, you should talk with them about building up a network so you can deal with emergencies collectively. It's also important to make links with people in your community as well as you know your house. We, the people, have to rely on and trust each other because we're all we've got.

DOPE

1. Everyone should know what dope is kept in the house and where it is.
2. Dope should be kept in a central place so that it can be flushed down the toilet quickly.
3. No extra seeds, roaches, etc. should be lying around the house.
4. Large amounts of dope should not be kept in the house, because it will jeopardize everyone who lives there. If someone is dealing, he should take care of business outside the house, and keep the dope somewhere else.
5. Your house should discuss what you would do in case of a raid. Everyone should go through a dry run of the plan of action.
6. The pigs are experts in finding dope stashes. Don't assume that your stash which you think is well hidden will not be found by them.
7. Pills without prescriptions are illegal. They should not be kept in the house.
8. **DON'T BUY FROM OR SELL DOPE TO PEOPLE YOU DON'T KNOW.** Also be careful not to invite dealers to your house. You never know when someone might decide to turn you in to get themselves off the hook.

WEAPONS

1. Talk about what weapons are in the house, whether they are legal, etc.
2. Everyone should learn how to use each weapon that is in the house.
3. Decide where each weapon should be kept. Everyone should know where they are.
4. Talk about self-defense and what that means, including the consequences. Everyone should be clear as to whether or not weapons should be used in any given situation. The ENTIRE house should agree on the same procedure.

5. It is best not to keep illegal weapons or ammo in your house or on your property.

6. Don't carelessly leave ammo or empty shells around.

7. If you have sold or bought a gun, keep the receipt. This will protect you if you have to prove that the gun is legally yours. Keep another copy in a safe place.

8. Know guns and gun laws—federal, state and local.

REMEMBER:

1. All decisions should be made with the full participation and knowledge of everyone in the house.
2. If for any reason a pig tries to stop you on the street, before you go into your house, you should stop and deal with the pig right there. Do not go into the house or to your car, or you will jeopardize your entire house, or give the police reason to search your house or car. If they decide to bust you, they can search whatever area you are in.
3. Property around the house such as yards, basements, garages, etc., are still considered parts of the house, even if they are unattached.
4. Bankbooks and extra cash or emergency money should not be kept in a place where they could be ripped off by the pigs. They should be kept very well secreted or in another house.

YOUR NEIGHBORS & NEIGHBORHOOD

1. Get to know your neighbors—you might need each other if an emergency situation comes down. This is also a protection so that neighbors do not get uptight if a lot of people come to your house. It is good also for them to know that freaks are not what the media projects them to be.
2. Find ways that you and your neighbors can help each other on a day-to-day basis. You may have similar needs.
3. Get phone numbers of your neighbors in case you need to call. Set up a phone tree.
4. After you know your neighbors well, begin talking to them about setting up an emergency operation so that you can call on each other rather than the police.
5. Learn about your neighborhood, and learn what is going on. Know where the nearest store is, the nearest fire station, the nearest pay phone, etc.
6. Know your mail deliverer. If he is a friend, he will tell you whether the FBI has come around to see who lives in

your house.

YOUR COMMUNITY OF FRIENDS

1. Talk with your friends about basic security. Discuss what should and should not be said over the phone, in the house, etc.
2. Always remember that the pig could be on the phone. Don't remember that only when it is convenient. Have a signal that lets people know when they are saying something that should not be discussed over the phone.
3. Set up a phone tree which could be used in an emergency.
4. If you don't know the facts or the exact nature of a bust, do not spread rumors or tell people things that you are just assuming. Don't start gossip which could lead to panic.
5. If someone's house is being burgled or they are in danger, plan how you would move. It is important to know how quickly you could get to a friend's house.
6. Talk about how you could get one of your friends out of jail if he was busted. This includes bail contacts, how you bail someone out, where to reach bail bondsmen, lawyers, doctors, etc. It is important to know how to get to a



DON'T CARRY MORE
THAN YOU CAN EAT

hospital quick, and to know the hours of the hospitals nearest you, as well as whether they handle emergencies.

7. Everyone should be prepared in first aid and each house should have a first aid kit

CHILDREN

1. There should be a decision made as to what information it is important for children in the house to know and what information it is to much of a risk to let them know.
2. Children should know what they should and should not say to a policeman or to any stranger.
3. Children should know who they can call in case of an emergency.
4. As soon as they are old enough, children should know how to get to a friend's house by bus. They should know where there is some cash that they can get to, used only for emergencies. They should be familiar with taking a cab, should an emergency require it.
5. Children should know how to use the phone, emergency numbers, etc.
7. If the parents are busted, the State might try to take the children. People should make plans as to who would take care of their children in such a situation. There should be several people in different houses who make this commitment in case an alternative is needed.

ONE LAST WORD

1. **DON'T TALK** to the police. You are only required to give your name and address for identification. **NEVER CONFESS** to anything. You may be asked to account for your presence, but any further questions should be answered with, "I have nothing to say until I talk to my lawyer."
2. **DON'T TALK TO THE FBI OR OTHER INSPECTORS.** You are not required to. You do not even have to identify yourself. If they ask your name, your address, anything, you should reply, "I HAVE NOTHING TO SAY." Practice. The FBI is slick. You do not ever have to let the FBI or other inspectors in your house. Don't be intimidated when the FBI talks to you, when they seem to know a lot of information. Don't go on an ego trip and think you can outsmart them by trying to find out how much they know.
3. **NEVER PANIC.** You can't deal with a situation realistically if you are freaked out or uptight. Develop trust in each other and learn to accept leadership and criticism.

—excerpted from *Security Check*



RESPECT AND COURTESY mean you can be friendly without thrusting your sexual needs and preoccupations on a new person or on someone you know only slightly. Everybody needs friends. People want to feel welcome as people, and unpressured.

COURTSHIP seems like a quaint word, but has a very-real meaning in human terms—like it means that if you're attracted to someone, you try, over a period of time, to be interesting enough to them so that they will consider choosing or accepting you as a sexual partner. This approach is the opposite

of pressure or "conquest". Take it easy! Different people are attracted by different qualities, but kindness, affection, and consideration have more aphrodisiac effects than they're usually given credit for. A rejection should be polite and good-natured and should be accepted in the same way.

LOVE may mean many different and rewarding kinds of relationships among people. Good sex is one; there are lots of others.

Revolutionary brothers and sisters may or may not become lovers, but they should never forget that they are brothers and sisters and should be dear and important to one another....

DEAR HUNDRED FLOWERS



Dear Hundred Flowers,

In the frenzied tempest of modern life, the pages of Hundred Flowers are flapping wildly. What is it that moves? Is it the pages of H.F., or is it the struggle? Thank you Hundred Flowers for this magical paper.

Fraternally,
Daliel G Culla
Madrid

Dear Food People,

Was all set to try your bread recipe, but alas could not find the amount of flour required. Did I overlook it or did you omit it? Please send it to me as I am anxious to try your recipe.

Marianne Williams

Marianne, it was our mistake, so look on page 15 in this issue for the complete recipe.

Dear H.F.

Vol.2, No.14 dated June 2nd, 1971 came in the mail this morning, July 4, 1971.

It raises a question: dated June 2 it has an item dated June 25th. Also mentions the last issue of June. Just curious as to how paper is dated, in case I would quote the article sometime?

In fact, contents raised more questions: From my past experience, most pot smokers can expect to begin checking out of business for keeps at the age of 35-38. They are really old after 10 yrs use.

Anyone sitting, doing nothing constructive with his head on his knees? Let him keep on using the dope he is using he may last another 3-5 yrs. Have been to funerals of many.

Want to know how these same people began solving their problems you have been naming in your paper and getting the job done? I saw that also.

Don Klingensmith
Mandan, N.D.

Don,

That issue was dated wrong by mistake. Check out the calendar on the back and you will see when the issue is current. Date the paper July 2. OK?

Also, no pot smoker ever checked out of business for keeps at the age of "about 35-38" because he or she smoked some dope. What funerals have you been to of people who used hemp? If you were to any, they didn't die of hemp --right?

to the hundred flowers people... and readers after reading the story of the woman who had various troubles with birth control devices, and even more troubles with trying to find decent assistance and explanations from those involved, i felt i must put forth my experience because they led me to some good attitudes and good feelings.

about two years ago i decided i wanted to get the pill. i, too, was ignorant of any information other than the pill being a good form of birth control. i didn't (and still don't) have any bad feelings about the pill being unnatural, as i felt an unwanted child was quite a bit more unnatural. at any rate, i went to a gynecologist and couldn't get them because i was under age. she didn't believe in the pill and felt she had to tell me her three daughters had all been virgins at marriage, so i left there unprotected and quite resentful/ i finally got up the courage to go to planned parenthood and lie about my age to get the pill. you have to go for an interview if you're unmarried, so i dressed for the part and went down there. at the interview a woman asked a few medical questions, etc, and why i wanted the pill. i told her i didn't want to get pregnant. she liked that.

then she showed me a diaphragm, a coil, and a loop and explained each. she couldn't have been nicer. she then gave me a bottle of foam (which i still have, i never did like the idea of the messy stuff) and a package of rubbers and told me to come back another day for the exam. i was thrilled! i left there feeling like i was finally going to get control of my body. when i went back for my exam i had to wait an hour, but the pelvic exam, the PAP smear, and the breast exam took under five minutes, was painless and everyone involved was very nice. i got my pills and found a place and a group of people i could trust. i've been back there many times, to get pills, for exams, for information, and just to talk. they're always nice and will always explain everything you have questions about. their prices are very cheap and they don't turn away anyone.

it's unfortunate that anyone should have to have bad experiences with something so intimate and personal. in the other story the writer ended with, "Women must get good counseling and medical help." i agree. turn a friend on to planned parenthood.

(please withhold name)
12427 sunset blvd.
l.a. calif. 90049

CHEAPEST RECORD PRICES IN TOWN!

and

† MEXICAN IMPORTS
† PICTURE BLOWUPS
(BLOW IT UP!)

EARTH

2942 1ST AV
BY 1ST TAKE
Come on down...

2607 HENNEPIN SO.

gettin' ready...
gettin' ready
for you...
gettin' ready
for you Now

parachutes
environmental
graphics
underground
papers
paintings

66:6 GRAY...71

Good Body Ecology

Natural Vitamins
by Schiff, Plus Hain
Hoffman & others
Substitute Meats
Loma Linda - Worthington
Dried Fruits from California
GRAINS . FLOURS . NUTS
Organically Grown

STOP IN AND TRY OUR PAPAYA JUICE 19¢ A GLASS FOR A REFRESHING LIFT DURING THE DAY!

ALSO TRY OUR EXOTIC ISLAND NECTORS!

OPEN TILL 9 PM

FOODS FOR LIFE
1302 1/2 S.E. 4th ST.
DINKYTOWN

WHAT IF THEY GAVE AN ORGANIC RESTAURANT AND NOBODY CAME?

This is the last call for an Organic Restaurant in Minneapolis. So far there have been two calls for people to help put together and staff an organic restaurant to be housed in the YMCA building on 15th and University S.E. There have been eight meetings, five of which people attended.

The building is fully equipped, complete with cook. It has been run as a non-organic student eating co-op, known as the "Chatel". The "Chatel" gave up for the summer as a result of a survey that showed only 25 eaters from the club would be eating there all summer. Consequently, after talking to the board about consenting to lend the equipment for the summer to the people who are committed to having an organic eatery, they did consent, partly since it would mean not moving their equipment and they could be sure that there would be a competent cook around in the fall.

The only thing that's been missing is the people. Everyone wants an organic place to eat, but unless you want one enough to just work for food (the bread will come later) it might not happen. If you want the ORGALREST (provisional name for Organic Alternative Restaurant) and are willing to work for it, call 335-8131 (ask for Roman or Tom), or 332-4083 (ask for Jim).

What if they gave an organic restaurant and nobody came?

Some folks have been boiling their cabbage and throwing the water down the drain instead of drinking it. Their karma will catch 'em cause the stuff stinks...permeates the whole house.....

In our June 25th issue of H.F. we had a fantastic recipe for bread. Unfortunately, we forgot to include one important ingredient (flour). So as a humble gesture to all you bread bakers we've corrected and re-printed the recipe:

- 3 cups hot water
- 1/4 cup oil
- 1/2 to 3/4 cup honey and/or molasses
- 4 tsp. sea salt
- 2 packages dry active yeast (Red Star has no preservatives)
- 10 cups whole wheat flour (fresh ground)

Mix together first four ingredients--when cool add yeast. Add 1/2 the amount of flour--mix--let sit in a warm place for 15 minutes. Stir in remaining flour a bit at a time. If the dough gets too hard to stir, knead in the rest of the flour. Knead dough until it is no longer sticky. Divide into three loaves, place in greased bread pans. Set in a cold oven. Turn oven onto 250 degrees for 15 to 20 minutes, then turn up the heat to 350 for another 45 minutes or so. Take out of the pan, cool, and eat. Your bread will rise in the oven with the low heat stimulating the growth of the yeast in the beginning. The recipe will not be complete, though, until you juggle it around a bit to tickle your own fancy. Try cutting out some of the flour and adding corn meal, sesame seeds, sunflower nut meal, barley flour, or alfalfa flour

cam enterprise
27830 warren
westland mich
48185

Phone: 313 427-2520

SILK
SCREENED
TAPESTRIES
WRITE FOR
FREE
CATALOGUE

WE
CARRY
COMPLETE
LINES OF
HEAD GEAR!
ALL
ORIGINAL

MID-WEST'S MOST HONEST DISTRIBUTOR

GRAND OPENING
JULY 15

NEW RECORDS \$3.39 to \$6.59
USED RECORDS \$1.70

Wayne & Ron's RECORD SHOP
3009 EAST LAKE ST

ALBUMS SPECIALS ON ANY ARTIST THAT'S IN TOWN
WATERBEDS, ACCESSORIES
MORE!

MID-WEST MOUNTAINEERING

rod johnson quality climbing
1408 hennipen backpacking,
avenue up- and camp-
stairs ing
mpls., equip-
minn. ment.

MID-WEST MOUNTAINEERING

CAMPTRAIL WATERPROOF
NYLON BACKPACKS-\$25+UP.

AN ALTERNATIVE...

SHAKTIH
ORGANIC Foods
604 W. 26th St.
BETWEEN LYNDALE & GARFIELD

OPEN:
MON-FRI 9-7
SAT 9-6

PLEASE BRING YOUR OWN CONTAINERS
FOOD STAMPS ARE GOOD!

• BEANS • PEANUT BUTTER • FLOURS

GRAINS • CEREALS • OLDS • JUICES • DRIED FRUITS

GRANOLA HONEY • OLIVES • POPCORN • MISO • BOOKS • VEGET.

I lost my list of names, addresses and phone numbers for the calendar, so I can't get a hold of some of the people I used to call for calendar entries. It would be nice if people who like to have their happenings listed here, would call me and give me their phone #s

Saturday

"Magical Mystery Tour" - see yesterday

"Dinosaurus", see friday

"The Independant Female", see friday.

"Boeing Boeing A Flight of Fancy" - satirical revue, Brave New Workshop, 8, 10, midnight

People's Night see friday

Middlespunk Creek Boys, New Riverside Cafe, 9pm, \$1

Maury Bernstein & Friend, Extemp, 9pm, 75¢

Nicotine Phallus, 7 & 10 pm, see friday

"Godzilla vs The Thing", see friday

"Cover Girl", see friday

Comedy Shorts, see friday

"The Painted Bird", see yesterday.

Sunday

"Magical Mystery Tour" - Acme, 7:30 & 9:00 PM

"Dinosaurus", 8:30 only, see friday.

The Argir Group - New Riverside Cafe, 9pm, 75¢

Blue Freedom - jazz group at the Extemp, 9pm, 75¢

Nicotine Phallus see friday

US Pipe, Paisleys, Windfall Sean Blackburn - music at Powderhorn Park, noon, FREE

"Cover Girl", 8:00 & 10:00 PM, see friday.

"Comedy Shorts", 8pm, see friday

"The Great Toy Robbery" & "Birdman of Alcatraz", Bell Museum, 7pm, FREE



july 9-15

Monday

"Make Mine Music", Walt Disney animated feature, Flick Movie, 8:30, \$1

"The Mother of Us All" - performed by Center Opera Co, a pop opera about Susan B Anthony - Northrup Aud, U of M, 8pm, FREE

Tuesday

"Make Mine Music" see yesterday.

"At the Turn of the Century" music, dance, song & humor by Max Morath, Northrup Aud, U of M, 8pm, FREE

Open Stage at the New Riverside Cafe, 9pm, 25¢

"Flash Gordon Conquers the Universe" Student Center, St Paul Cmpus, noon, FREE

"Le Bonheur" - french film, Walker Art Center, 8pm, \$1.50

Wednesday

"Make Mine Music", see yesterday.

"Boeing Boeing A Flight of Fancy" 8pm only, see saturday.

Chicken Billy, New Riverside Cafe, 8pm, 50¢

Jack Cohen - folk music at the Extemp, 9pm, 50¢

"Warrendale" - Bell Museum, 12:15, FREE

Thursday

"Magical Mystery Tour" - see Sunday.

"Make Mine Music", see monday.

"Bonnie & Clyde" - with a discussion of the film by cinematographer Bennett Guffrey, Northrup Aud, 8pm, FREE

Sean Blackburn - folk music New Riverside Cafe, 9pm, 50¢

Anniversary Festival at the Extemp, lots of people playing music, FREE

continuous

"Ali McGraw Died for Your Sins", "an uninhibited glimpse of nostalgia in the form of WW II movies and 1960's rock numbers" at Brave New Workshop, july 9, 11, 13, 15, 17; 8pm tues thru sun, 8 & 10, frida; 8, 10, midnight, sunday.

Art Deco exhibition - artwork, furniture, costumes, etc, from the '20's & '30's Inst. of Art, \$1, 50¢, stud.

"A Wall" - scenario for improvisation by Alvin Greenverg, Theatre Co at the Inst of Art, july 9 - 11, 14 - 18, 8pm

"Devil's Disciple" by Leo Bernard Show, U Showboat, Mpls Campus, monday thru thurs, 8pm; fri and sat; 7 & 10pm, \$2.75, studs \$2

"Taking Off", this film has been recommended to me. It's at the Varsity till Tuesday.

SEE THIS / \

"The Independant Female Or: A Man Has His Pride" - feminist play done by the Alive and Trucking Theatre Group, Guild of Performing Arts, 8pm, 75¢

People's Night - dance concert by the Mn Dance Theatre, Cedar Village Theatre, 8pm, FREE (they don't mind a donation, though)

Lazy Bill Lucas - boogie piano, Riverside, 9pm, \$1

Ken Schaffer, folk music, Extempore, 9pm, 75¢

"The Nicotine Phallus", Mn Ensemble Theatre, Walker Methodist Church, 8pm

"Godzilla vs The Thing", Dracula and Mothra film, Nicholson Auditorium, 7:30 9pm, 10:30, \$1

"Hells Angels" (1930) Jean Harlow, Howard Hawk, director, Xanadu Film fest, 8 & 10pm, \$1

"Cover Girl" - Rita Hayworth, Gene Kelly film, Bijou Film, 8, 10, 12, \$1

Comedy Shorts - "Roadrunner, Betty Boop, Keystone Cops, at Piper Film, 8, 10, & midnight, \$1

"The Painted Bird" by Kosinski, performed & improvised by the University Theatre, Scott Hall, 8pm

BULLETIN BOARD



HAVING A BABY?

-Be aware and meet the kid when he or she's born.
-Remember the birth as a joyful experience.
-Learn what your body does during labor and delivery.
-Prepare yourself with relaxation and breathing techniques.

CLASSES in People's Center Gym beginning 1:30 PM tuesday, July 6 & thursday, July 8. Call Judy Palt, 338 4327, Judy Levie, 533 4529.

RIDE NEEDED to Philadelphia July 16 - 23. or to Eau Claire, same time. Call Wim, 922 1710 (I think that's it It could be 1410 or 1910 though - H.F.)

WOODLAND for sale. \$40 per acre. 336 3884

15 ROOM house in Waverly. \$2,500. 336 3884.

ROBIN SNODEN: Please call me at my phone (6588). Please. Cheryl.

ARE YOUR favorite pants falling apart? Would you like some hand embroidery done on them? Bring them to the sunshine stitchin' & flash patchin' shop, located at 3-ZA-Crowd, 1308 E Franklin, open 11:00AM to 9:00PM.